

1-21 assaults the Kahukus for Warrior Spear



Story and photo by
SGT. DANIEL JOHNSON
2nd Stryker Brigade Combat Team Public Affairs,
25th Infantry Division

KAHUKU MILITARY TRAINING AREA — Soldiers of 1st Battalion, 21st Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th

Inf. Division air assaulted into the Kahuku Military Training Area for a tactical assault during a military operations on urban terrain training mission, Feb. 1.

The training is part of Warrior Spear, a larger brigade-wide exercise conducted by the 2nd SBCT to prepare Soldiers for an upcoming

deployment to the National Training Center in California.

The mission began with an air assault from Schofield Barracks to the landing zone, where Soldiers dismounted a CH-47 Chinook and began a two-hour foot march to the MOUT site.

“The key thing for us was getting these Soldiers used to using the enablers, such as female engagement teams and the tactical explosive detection teams,” said Sgt. Maj. Eric Alfieri, operations senior enlisted leader,

See KTA, A-4

(This photo has been altered from its original form; background elements have been enhanced.)

Soldiers from 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID survey their objective before beginning their assault during Situational Training Exercise One at KTA, recently. This STX is just one of three lanes that make up the brigade exercise Warrior Spear.

TAMC teams with community, VA in mass casualty exercise

Story and photos by
STEPHANIE RUSH
Pacific Regional Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center activated its mass casualty emergency operations plan after receiving word of a simulated explosion in the Center for Aging’s kitchen, here, Feb. 5.

The mock incident was part of the Veterans Affairs Pacific Islands Health Care System’s mass casualty exercise, which involved treating casualties on site before evacuating them to Tripler’s emergency room.

“Per the Joint Commission, the Center for Aging must conduct an evacuation exercise every 18 months,” explained Steve Burton, emergency preparedness planning officer, VA PIHCS. “VA PIHCS must, just like TAMC, conduct two exercises a year.”

Conducting joint exercises is nothing new for TAMC and VA.

According to Sgt. 1st Class Samuel Bethea, future operations and plans noncommissioned officer, Pacific Regional Medical Command, Tripler and VA PIHCS collaborate on numerous exer-

cises during the year, to include large joint operations such as RIMPAC and Makani Pahili, Hawaii’s annual hurricane exercise.

“It is important to conduct collaborative exercises to see what each organization can bring to the incident and how you can help each other improve, and to better communicate,” Bethea said. “The TAMC participants learned how the Veterans Affairs conducts business.”

Combining resources and assisting other agencies with vital services, such as transportation, communication, manpower and health care, is crucial to responding to an emergency or disaster effectively.

“TAMC provided a significant amount of support to the (Center of Aging),” Burton said. “The exercise validated our ability to design and evaluate a realistic disaster scenario that would, in fact, require a tremendous amount of joint response resources.”

Tripler’s emergency room and the VA PIHCS weren’t the only players in the exercise.

See TAMC, A-3



Stephen Goodson (right), volunteer moulage artist, applies a fake burn to Lina La, nursing student, University of Hawaii-Manoa, in preparation of a mass casualty exercise at TAMC, Feb. 5. The mock incident involved an explosion in the Center for Aging’s kitchen and required the treatment of casualties on site and evacuation to TAMC’s emergency room.

Ranger candidates advance

Story and photo by
MASTER SGT. KRISHNA GAMBLE
25th Infantry Division Public Affairs

WAHIAWA — Warriors who graduated the two-week 25th Infantry Division Pre-Ranger Program at the East Range Training Complex, here, Feb. 8, will report to the U.S. Army Ranger School at Fort Benning, Ga., to begin an intense 61-day combat leadership course.

Of the 19 Soldiers who began the course, five graduated.

“On Jan. 25, 19 Soldiers started down an extremely challenging path, with their overall goal of graduating the U.S. Army Ranger School and earning the Ranger tab,” said Sgt. 1st Class Dennis Kirk, senior enlisted leader, Pre-Ranger Program. “These five Soldiers have completed the first phase of this challenge.”

“For two weeks, the Soldiers received numerous blocks of instruction and were assessed on their ability to successfully complete Ranger school,” said Sgt. 1st Class Michael Sagaya, senior instructor, Pre-Ranger Program. “Additionally, the Soldiers completed a four-day field training exercise where each Soldier was challenged both physically and mentally, which is critical to their overall success in Ranger school.”

Participants agreed that the course was difficult.

“The hardest part was the 12-mile road march,” said Pvt. Tyler Watson, a 302 gunner with the 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, who finished the course in two hours and 50 minutes.

Watson enlisted in the Army less than a year ago and has a brother who served five years with the Tropic Lightning Division.



Maj. Gen. Kurt Fuller (left), commander, 25th ID, congratulates Sgt. Benjamin Gonnies, 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID, for graduating the 25th ID Pre-Ranger Program at the East Range Training Complex, Feb. 8. Gonnies was one of five Soldiers to receive graduation certificates and will move on to Ranger School.

“I’m always trying to do something different, something crazy,” he said.

Spc. Miguel Roman, team leader with the 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID, is the first person in his family to serve in the military. He plans to be the first Ranger as well.

“I’m infantry, so this is what we strive for,” Roman said.

25th ID/8th TSC Pre-Ranger Graduates

Rangers are elite infantrymen who serve in recognized U.S. Army Ranger units or have graduated from the U.S. Army Ranger School in Fort Benning, Ga.

The Pre-Ranger Program is designed to prepare Soldiers for success at the U.S. Army Ranger School by further developing self-confidence, leadership ability and small unit tactics.

The five Soldiers listed graduated the 25th Infantry Division Pre-Ranger Program:

Pfc. Dominick Altieri, 34th Sapper Company, 65th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command

Sgt. Benjamin Gonnies, 1st Bn., 21st Inf. Regiment, 2nd Stryker Bde. Combat Team, 25th ID

1st Lt. Steven Hovdesven, 1st Bn., 14th Inf. Regt., 2nd SBCT, 25th ID

Spc. Miguel Roman, 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID

Pvt. Tyler Watson, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID

Citizen Malika | A-3

A Polish-born Army spouse/employee is going Navy.



Baby on board! | A-6

Delivering a baby isn’t part of training, but of necessity!

Mr. Booker | B-1

We call him specialist, but the kids at Gustav H. Webling Elementary School call him their friend.



Learning blended | B-3

Students at Hale Kula Elementary School learn the four C’s (no, not diamonds).



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BACK TO BASICS

Acronym ‘CHANGE’ helps achieve career success

SGT. MAJ. TERRY SUMMERLIN
311th Signal Command (Theater)

If you're a sincere Soldier, rank does matter, because your rank determines whether or not you give or receive respect from seniors, subordinates and peers alike when greeting them.

This fundamental rule must be complied with or you are headed for destruction.

A Soldiers' rank shouldn't stop him or her from being involved in any mission. Rank sets the stage to be or become a more effective and efficient leader.

I'd like to share with every Soldier one of my favorite acronyms: CHANGE. This acronym contributed to my success from private to sergeant major. Hopefully, CHANGE will teach, coach and mentor others, as it continues to do for me.

The first letter is C, for courage. Leaders must have courage to stand out rather than trying to fit in with immoral, unethical and illegal groups, gangs or clubs. This type of standing out requires obeying and enforcing rules, regulations, policies and standards when no one else will. This kind of courage is often the minority and not the majority. Do you have this kind of courage?

The second letter to this acronym is H, for heart. Every leader must have a heart to serve others more than to be served when accomplishing any mission, and the heart to express welfare for his or her Soldiers at all times. The heart of a leader is critical to love others beyond their faults. Have you got the heart to be a leader?



Summerlin

The next letter is A, for attitude. As a Soldier, your situation should not affect your attitude, but your attitude can affect your situation. A Soldier's attitude can make or break any action, condition or standard because with the right attitude, you can achieve the right altitude. Does your attitude give you altitude?

The fourth letter is N, for never. Per the third Warrior Ethos, "I can never quit" is the foundation for all Soldiers to build upon today, tomorrow and forevermore. A Soldier must be tenacious in pursuit of excellence while completing the mission and taking care of subordinates. Those who never quit always win, but those who always quit never win. Winning is contagious and makes everyone around them better. Do you have never in front of your quitting?

Letter G is for go. Every leader must be willing and able to defend our great nation from foreign and domestic threats, to go where no one else is willing, and to be able to go without complaint. Are you willing to go where no one else has gone?

The sixth and final letter to this acronym is E, for education. Education is the key for Soldiers to become technically and tactically proficient in the Army and as a productive citizen in society. Education supports these CHANGE values. Are you seeking self-improvement?

311th Signal Command (Theater) Soldiers, Active Guard Reserve, Troop Programmed Units and civilians are all applying these CHANGE values in their decision-making process to support this "Back to Basics" movement.

Are you willing to unify your efforts with this CHANGE? If you say no, you still CHANGE, just not for the good. Therefore, CHANGE is inevitable for all Soldiers and civilians.

Support the CHANGE campaign, and we will get "back to the basics!"

Pacific to upgrade to 4-stars

Elevating the post to four stars represents U.S. committment to region

U.S. ARMY-PACIFIC
News Release

FORT SHAFTER — The President of the United States has nominated Lt. Gen. Vincent Brooks for promotion to the rank of general (4 stars) and, pending confirmation, commander of U.S. Army Pacific.

Brooks currently is serving as commander of Army Central Command.

If confirmed, Brooks will succeed Lt. Gen. Francis Wiercinski, who served as USARPAC commander for more than two years.

A tentative change of command will take place here, June 5.

Wiercinski has requested to retire from active duty after 34 years of service, with the last 8 years stationed in the Pacific.

The decision by the commander in chief to elevate USARPAC to a 4-star general position at an Army Service Component Command represents a deep commitment to the national defense strategy and to U.S. allies and partners in the Pacific.



Brooks

Do Your Taxes and E-File for Free

IRS does the hard work

INTERNAL REVENUE SERVICE
MEDIA RELATIONS OFFICE

WASHINGTON — All taxpayers have a fast, safe and free option when it comes to preparing their own federal taxes called Free File, and it's available only at IRS.gov.

Free File offers brand-name tax software to people who earned \$57,000 or less last year, which is 70 percent of all taxpayers. For those who earned more, there are free online fillable forms. Both options allow people to file returns electronically and use direct deposit, which is the fastest way to get refunds.

The nation's leading tax software companies have partnered with the IRS to make their products available for free through IRS.gov. Each company sets its own eligibility criteria, generally based on income, state residency, age, military service or eligibility for the Earned Income Tax Credit (EITC). There is also a software option that is available in Spanish for people who earned \$30,000 or less.

Free File does the hard work for you. The software asks questions; you provide the answers. It picks the right forms, does the math

and helps you find all the tax benefits for which you are eligible.

All participating Free File partners have been vetted and use the latest in security technology. Some Free File software providers also offer state tax returns for free or for a fee.

Free File Fillable Forms is the electronic version of IRS paper forms. It's best for people experienced and comfortable preparing their own returns on paper. It does not support state tax returns.

Some Free File software products also are available in select free tax preparation sites operated by Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE).

Taxpayers can use VITA or TCE computers to access Free File, prepare their own state and federal returns with a trained and certified volunteer on stand-by to help and e-file - all for free.

To find a participating site near you, go to IRS.gov and search for "VITA" to find a self-preparation site location near you.

More than 36 million people have used Free File since it started in 2003. You can explore all your options at www.irs.gov/freefile.

FIRST STEPS in FAITH

Honest Abe recalled

CHAPLAIN (LT. COL.) DON EUBANK
U.S. Army Garrison-Hawaii

Tuesday marked the 204th birthday of one of America's greatest presidents, Abraham Lincoln.

Ironically, many historians have written that Lincoln may have been the least experienced and most ill-prepared man ever elected president.

In his book "Lincoln's Virtues: An Ethical Biography," biographer William Lee Miller writes that, "Lincoln rose to political visibility by moral argument."

Miller then goes on to trace Lincoln's life to reveal how a disciplined intelligence, strong will and moral character asserted themselves in the life of our 16th president; how Lincoln managed, while dealing respectfully with those who disagreed, to state with great force, clarity and persistence the argument that there exists no moral right for one man to enslave another.

"Lincoln developed a moral confidence that would be a key to all his accomplishments," Miller wrote.

No story in American history better captures the popular imagination than that of Lincoln's youth: a poor boy grows up in a remote area and endures the tragic death of his mother at an early age while confronting the realization that he has no inclination to become a farmer like his father.

I wonder how much longer Lincoln's story will seem comprehensible to young Americans. The means by which he achieved his goals are foreign to 21st century youth. What's more, not only the means, but also even the end itself of Lincoln's quest for self-realization, may not be readily comprehensible to us anymore.

Lincoln was a self-made man in a way that we no longer use the term. One of Lincoln's literary idols was a man named Henry Clay, who may have invented the expression "self-made man."

What Clay and his contemporaries meant by self-made was not the same thing as upward social mobility, nor was it confined to monetary rewards. What these authors envisioned was a self-conscious development of one's human potential.

With no formal schooling available to him, young Abe shaped his own character. Without the visual media of today, Lincoln read to learn what others thought and find out how they did things, and to learn how to think for himself.

Accordingly, he read classic accounts of individual struggle: "Pilgrim's Progress," "Robinson Crusoe" and "The Autobiography of Benjamin Franklin."

He sought out books about thinking — books about geometry and grammar and the hard conundrums of free will and determinism. He read the same few books over and over, making a virtue of necessity, of course.

This way, he absorbed their lessons into his very being. The result was a man who thought morally about the issues of his day.

Lincoln had almost retired from politics when the events of his day rekindled his concern. Lincoln wrote that he was "losing interest in politics when the repeal of the 1820 Missouri Compromise (by the 1854 Kansas-Nebraska Act) aroused me again."

In his address, Lincoln said the heart of the matter was that the Kansas-Nebraska Act "assumes there can be a moral right in the enslaving of one man by another," something that had not been assumed before. Many historians believe Lincoln's 1854 speech in opposition to the Kansas-Nebraska Act (which extended slavery to those territories) was one of the greatest moral arguments made against slavery.

Where did this moral conscience come from? Lincoln himself told us. He gave himself to studying the great books on morality, faith and courage.

Perhaps a fitting way to remember this great man this week might be to turn off the "Angry Birds," sit down with our children and read one of those books that Lincoln used to shape his moral character.



Eubank

We Recycle



Did you know that when you recycle, the garrison earns money? This year the Army Recycling Program was able to donate \$100,000 for the 4th of July event! **Keep recycling!**



Voices of Ohana

Presidents Day is February 18.

"Would you want to be President of the United States? Why or why not?"

Photos by 311th Signal Command (Theater) Public Affairs



"I would like to be president so I can make positive changes nationwide and globally."

LeAnn Lamadora
Command group executive admin assistant, 311th Sig. Cmd. (T)



"Yes. I would give more power back to the states."

Sgt. Julia Metelski
S2 NCOIC, 205th MI Bn., 500th MI Bde.



"I'd be pro-military. I feel if you haven't served in the military and deployed, then you really don't understand what we go through."

Staff Sgt. Lester Parham
Fort Shafter Operations NCOIC, 8th MP Bde., 8th TSC



"I would better the nation's education system and create jobs to lower unemployment rates."

Pfc. Shantilla Robinson
G1 admin clerk, 311th Sig. Cmd. (T)



"I would like to be president for many reasons, such as change, equality and making a difference in a positive way."

Staff Sgt. Mary Valdez
Command group admin clerk, 8th TSC

TAMC: Role-players don SFX makeup

CONTINUED FROM A-1

Also participating were Navy Region Hawaii’s Federal Fire Department, the City and County of Honolulu’s Emergency Medical Services, local nursing students and Tripler’s Provost Marshal’s Office.

One of the two mandated exercises for Tripler and VA PIHCS must involve community partners and simulated casualties.

The 12 casualties the scenario called for were played by University of Hawaii-Manoa nursing students.

Before the exercise kicked off, moulage artists used clay, putty and paint to apply wounds and simulate injuries that would be sustained in an explosion.

Their simulated injuries ranged in severity, and those who were injured had to be treated on the ground and evacuated with the assistance of first responders, including firefighters and emergency medical technicians.

Even though the wounds are simulated, first responders and health care workers are able to better identify and treat injuries and respond to training scenarios appropriately when they look as realistic as possible.

“Although conducting exercises is a regulatory requirement, our community partners help validate and improve our organizational and community emergency operations planning and response capabilities,” Burton said. “Our staff gains valuable, realistic experience and confidence. It ensures the readiness of everyone involved to appropriately respond to any all-hazard emergency or disaster in order to save the lives of our staff, patients and visitors.”

Mass casualty exercise
View more photos online at <http://www.flickr.com/photos/tripleramc/sets/72157632704597041/>.



Spc. Jonathan Nguyen (left), moulage artist and medic, Gastroenterology Clinic, TAMC, applies the finishing touches to Karen Aguda's fake neck wound, Feb. 5. Aguda and several of her nursing classmates from the University of Hawaii-Manoa played casualties during a mass casualty exercise held at TAMC's Center for Aging.



Malika Moretti, wife of Sgt. 1st Class Christian Moretti, NCOIC, Soldier Readiness Processing Site, USAHC-SB, became an American citizen, Jan. 22. Currently a licensed clinical social worker associate in TAMC's Department of Social Work, Moretti hopes to commission into the Navy and continue to help military families in need. (Courtesy photo)

Army social worker sets sights on citizenship, career as Navy officer

STAFF SGT. TERRANCE BANDY
Tripler Army Medical Center Public Affairs

HONOLULU — It was only a few years ago that Malika Moretti took steps to change her life.

In 2012, the former stay-at-home mother finished grad school, and in January of this year she reached her dream of becoming an American citizen.

Now, she’s on her way to reaching another goal of becoming a Navy officer.

Born in Poland and raised in Denmark and Germany, Moretti moved to the United States in 2001 to follow her heart and husband, Sgt. 1st Class Christian Moretti, Soldier Readiness Processing Site noncommissioned officer in charge, U.S. Army Health Clinic-Schofield Barracks.

After serving her country by supporting her husband’s military career and caring for their two children, Aiden and Maya, Moretti followed the advice of a friend and started college in 2007.

She earned a Bachelor of Science in psychology and a Master of Social Work over the next six years.

Having put in her dues as a military spouse, Moretti continued to show her unwavering support for the armed forces by choosing a military concentration while working toward her master’s degree from the University of Southern California.

Because of her concentration and desire to work in the military community, USC assisted with placing Moretti at Tripler Army Medical Center for one of her required field assignments.

According to USC’s Master of Social Work Virtual Academic Center, field education is an integral part of the curriculum, providing students hands-on opportunities to observe and participate in learning about clients, agencies and communities relevant to their emerging skills.

“I wanted to do something that allowed me to work with peo-

ple and not be restrained behind a desk,” Moretti said.

She found her niche in Tripler’s Department of Social Work. Currently working as a licensed clinical social worker associate, Moretti, along with others from the Family Advocate Program, is embedded with U.S. Army Garrison-Hawaii’s Directorate of Emergency Services’ military police station at Schofield Barracks.

Moretti participates in the Schofield Barracks Military Police Initiative Program, which aims to reach at-risk families at the time of an incident and allows responders, such as Moretti, to assist families in finding better solutions to domestic unrest in a timely manner.

And while no one could claim she was unpatriotic, Moretti still wasn’t technically an American.

“I felt very American, but not being a U.S. citizen was different,” said Moretti who, as a Soldier’s spouse, was a permanent resident and had a green card.

“I knew that there was something missing,” she added.

Moretti said the oath of allegiance with 39 other immigrants, Jan. 22, becoming a citizen three months after she started the process.

So what’s next on Moretti’s to-do list? Becoming a Navy officer. She hopes to continue being a social worker and helping service members and families in need.

According to Moretti, the Navy has a “great” program that allows recent Master of Social Work graduates to work on their licensing hours as a clinical social worker associate without prior military service.

“My heart has always been with the Navy,” Moretti explained. “My great-grandfather served in the German navy during World War I.”

If all goes according to plan, Moretti will begin the next chapter of her life as a Navy officer before the year’s end.

3rd BCT deployment fair prepares troops, families

Story and photo by
1ST LT. ZACHARY KOHL
3rd Brigade Combat Team Public Affairs,
25th Infantry Division

WHEELER ARMY AIRFIELD — The 3rd Brigade Combat Team, “Bronco Brigade,” 25th Infantry Division, hosted a deployment fair at Wheeler Gulch, here, Feb 6.

A highlight of the fair was the 23 organizations available on site to answer various questions posed by Soldiers and their families as they prepare for the brigade’s possible deployment to Afghanistan.

“It is good for the spouses to be prepared and have information for what to do when their husbands are gone,” said Crystal Dillingham, Family Readiness Group leader for Company B, Brigade Special Troops Battalion, 3rd BCT.

Dillingham, whose husband faces deployment, is not waiting until the last minute to come up with a plan.

“I am preparing to make myself busy by being in college and doing different things, so that the time will go by fast,” she said.

She also has a plan to help out her young son, too.

“I’m building a wall while my husband is deployed to help (our son) understand that he will be home soon,” said Dillingham. “I have a clock



A Family Readiness Group representative answers questions from a 3rd BCT family at the Bronco Deployment Fair, Feb 6.

with the Afghanistan time so that he can see that Daddy has a different time zone. Just different things so that he visualizes it.”

Other family members are making sure they’re ready as well.

“We get everything done ahead of time, before

he leaves,” said Fiona Mosley, Family Readiness support assistant, 3rd BCT.

Mosley described a list of things spouses should do to prepare for deployment, including making sure legal documents are squared away, understanding the Army finance system, and finding programs for children.

“If your Soldier is getting ready to deploy, educate yourself on the system before he is gone,” said Mosley. “Know what to do and what not to do.”

A number of interesting programs many spouses might not know exist were on display, including the Blue Star Card program.

“It is a card that spouses get when their husbands are deployed,” explained Dillingham. “It is basically like a big discount card.”

The Blue Star Card program is designed to help reduce the cost of daycare and other items for spouses of deployed Soldiers.

Perhaps the biggest program spouses have at their disposal is the FRG itself.

“It is hard for other people to relate to what Army spouses are going through,” said Dillingham. “We can all relate with each other and help each other, because we are all going through the same thing.”

“It is a great way to stay connected to spouses who are going through the same things,” added Mosley.

Sequestration will force moral dilemma

CLAUDETTE ROULO
American Forces Press Service

WASHINGTON — Looming spending cuts could put the military on the path to a moral dilemma, the chairman of the Joint Chiefs of Staff told the Senate Armed Services Committee, Wednesday.

Gen. Martin Dempsey said that if Congress allows major across-the-board spending cuts to go forward, the military eventually will be asked to deploy troops who are unready and ill equipped.

“None of us walk away or run away from a crisis or a fight,” Dempsey said, sitting alongside representatives of the services and the National Guard at the committee hearing.

“That’s not our nature,” he continued. “But I will tell you personally, if ever the force is so

degraded and so unready, and then we’re asked to use it, it would be immoral.”

The cuts, known as sequestration, would be the sharpest and largest reduction in total obligating authority for the Defense Department in history, the chairman said. And they would come at a time that the world is more dangerous than it’s ever been, he added.

The magnitude of another \$500 billion in defense cuts over 10 years, on top of the \$487 billion in cuts over that period made under the 2011 Budget Control Act — along with efficiencies previously implemented — will make the current defense strategy unfeasible, Dempsey said.

“Any additional cuts will change the strategy,” he said.

For example, he said, special operations

forces were somewhat protected as part of the new defense strategy in the cuts that followed the 2011 Budget Control Act. But if sequestration occurs, everybody will be affected.

“We have to maintain a joint force of conventional and unconventional capability,” Dempsey told the senators.

The question members of Congress must address, Dempsey said, is what defense strategy they are willing to live with, noting that the cuts could affect U.S. interaction with its military partners.

“The Joint Chiefs are responsible for balancing global responsibilities ... sometimes directly ourselves, sometimes through partners in a region,” he said. “Our ability to do that is going to be called into doubt, given the effects of sequestration.”



Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey (second from left) testifies before the Senate Armed Services Committee on the impacts of sequestration, Feb. 12. (DOD photo by D. Myles Cullen)

KTA: Troops prep for deployment

CONTINUED FROM A-1

1st Bn., 21st Inf. Regt., 2nd SBCT.

“It prepares them for the National Training Center and future operations in Afghanistan,” Alfieri added.

During the foot march and throughout the assault, Soldiers used improvised explosive detection equipment to ensure unit safety against improvised explosive devices.

“The number one killer and wounder in Afghanistan is IEDs,” said Greg Baker, a counter-IED tactical adviser with the Joint IED Defeat Organization. “Anything we can do to help prepare them to mitigate the IED threat is going to increase survivability.”

Baker was on hand to help ensure the scenario was able to accurately reflect the current IED situation in Afghanistan.

“I helped make a few adjustments to the scenarios to make them as realistic in their depiction of enemy tactics, techniques and procedures as possible,” said Baker. “I also observed to see how they are tackling those problem sets.”

The Soldiers on the ground, here, were not the only ones receiving training during the mission; every part of the battalion participated.

“As these companies have engagements, our tactical operations center is receiving and processing the reports,” said Alfieri. “Everyone in the battalion is getting good training here.”

This training will ensure Soldiers of the 2nd SBCT are prepared for NTC and future operations in Afghanistan.

“Our battalion has been very successful, and all of the training out here has been great,” said Alfieri. “Not just for our line companies, but for all of our operations.”

Med innovation lauded

SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

FORT RUCKER, Ala. — Capt. John Kurtz, aeromedical physician assistant, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, received the 2012 Army Aviation Association of America Medicine Award at the Fort Rucker Senior Leader’s Conference, here, Jan. 29.

Kurtz earned the award for his efforts in leading the development, training and implementation of the historic Army Blood Product Administration program (and related actions) during his deployment to Afghanistan in support of Operation Enduring Freedom.

“I feel fortunate to have been given the opportunity to excel,” Kurtz said.

The innovative blood program enabled

flight medics to administer blood products to catastrophically wounded patients while en route to higher levels of medical care, a first in Army aviation that has saved countless lives.

As the lead medical officer of the program for Task Force Wings, Kurtz trained more than 32 flight medics and successfully completed blood product implementation at five sites across Afghanistan. His steadfast commitment to the advancement of medicine was instrumental to the successful implementation of numerous programs and led to historic changes in the expansion of care in the back of an aircraft.

“We have committed ourselves to providing the best possible care available to the wounded,” Kurtz said. “Our goal is not to just meet the standards of care, but to take that extra step to better the quality of care for future operations.”

DUSTOFF MOY announced

SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs,
25th Infantry Division

WHEELER ARMY AIRFIELD — A flight medic with the 25th Combat Aviation Brigade, 25th Infantry Division was presented the 2012 Army Aviation Association of America DUSTOFF Medic of the Year award at the Fort Rucker Senior Leader’s Conference at Fort Rucker, Ala., Jan. 29.

Staff Sgt. Jose Pantoja, Company C, 3rd Battalion, 25th Aviation Regiment, 25th CAB, received this award for his actions during his deployment to Afghanistan in 2012 in support of Operation Enduring Freedom.

“I am very honored to receive this award,” said Pantoja.

During his time in Afghanistan, Pantoja rotated to the most kinetic, geographically dispersed medevac sites throughout Regional Command South. While at these remote locations, Pantoja employed his tactical and technical expertise to execute the most dynamic and challenging mission sets.

One instance where his skills were needed was when his crew responded to a civilian casualty in the Panjawai district.

In the early morning hours of March 11, 2012, Pantoja loaded and treated three critically wounded Afghans — a father and his 12- and 7-year-old daughters.

Pantoja immediately administered care to the youngest daughter, who was suffering from a head wound.

Despite the grave conditions of the patients, all three survived the incident as a result of Pantoja’s medical dexterity.

Another situation that tested Pantoja was a mass casualty mission on June 7. The initial call was for three U.S. Soldiers wounded by an improvised explosive device blast. As Pantoja was moving the patients to the aircraft, a second IED went off and knocked him off his feet and into the aircraft. The IED also disabled the litter team heading to the aircraft.

Pantoja called for immediate departure to avoid damage to the aircraft and crew, and to allow for ground forces to secure the landing zone. Without the aerial security of a scout weapons team, the crew landed again to load the nine wounded Soldiers at the landing zone and proceeded to the combat support hospital in Kandahar.

The care rendered by Pantoja’s quick decisions saved the lives of all nine Soldiers.

“Everything we do affects the lives of everyone we pick up,” said Pantoja, whose actions during the deployment, both in and out of the aircraft, contributed to the overwhelming success of the Lightning DUSTOFF mission in Afghanistan.

TAMC SOCIAL WORKER OF THE YEAR



HONOLULU — Maj. Erica DiJoseph (right), social work officer, Tripler Army Medical Center, explains why she believes the Social Worker of the Year award was well deserved for Maj. Veronica Almeida, Department of Social Work, TAMC, who is the co-recipient of the annual designation and was presented with the award, Feb. 7.

“I have the honor of calling Maj. Almeida a mentor and friend,” explained DiJoseph. “She has touched the lives of many Soldiers and family members, so it is exciting to see her recognized for all the hard work.” (Above and below photos by Stephanie Rush, Pacific Regional Medical Command Public Affairs)



Col. Derrick Arincorayan (right), social work consultant to the Army's Surgeon General and chief, Department of Social Work, TAMC, presents Almeida with the Social Worker of the Year award during a departmental meeting at TAMC, here, Feb. 7. Almeida was the co-recipient of the award for the year 2012.

Read more about Almeida and the Social Worker of the Year award at www.army.mil/article/94148/.

Cool-headed trooper delivers newborn son at home

Story and photo by
SGT. BRIAN ERICKSON
3rd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — What started out as a normal sleepless night for a couple expecting a child quickly turned into a day that won’t be forgotten by the family.

On Jan. 29, Sgt. Nicholas Hicks, assigned to Troop C, 3rd Squadron, 4th Calvary Regiment, 3rd Brigade Combat Team, 25th Infantry Division, delivered his own son during an in-home childbirth.

The couple had been up since 3 a.m. when Hicks’ wife told him how she was feeling. Hicks said he then texted his squad leader, letting him know what was going on, and his squad leader instructed him to take his wife to the hospital.

Hicks got the car ready to go to the hospital, but as he returned to get his wife, he had no idea his life was about to change forever.

“When I got back from the car, I found her bracing herself up against the wall. She looked at me and said the baby is coming out,” he said.

At that moment he did the first thing that came to his mind: he placed a blanket on the floor and laid his wife down.

As soon as she lay down, she began to push,

said Hicks. It was then he knew he needed to call the paramedics and get them on the way.

“By the time I got the paramedics on the phone, the baby was already crowning,” he said.

After Hicks informed the paramedics of the situation, they began walking him through the process of delivering a baby.

When it came time to cut the umbilical cord, the medic told Hicks to tie a shoestring around the cord. While looking for a shoestring, he finally heard the sirens getting close.

“When I heard the sirens, I went to the door, but nothing. Then, two minutes later, I went back again to find an MP coming to the door,” said Hicks.

The paramedics were right behind the MPs. They entered the home and tended to the baby immediately by clamping the umbilical cord. They then handed Hicks the clippers and had him cut his son’s umbilical cord.

Once they got to the hospital, the doctors congratulated Hicks on the job he did delivering his son.

Doctors declared the baby boy completely healthy, measuring him in at 5 pounds, 13.4 ounces and 19 inches long.

“Spending time with my family is amazing,” said Hicks. “It feels great to be a dad.”



Sgt. Nicholas Hicks, Troop C, 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID, is pictured with his wife, Rachel, and their newborn son, Naeshun. Hicks delivered his son at home, Jan. 29.



Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

Today Scholarship Deadline — The application period for Tillman Military Scholars remains open until 11:59:59 p.m. PST, tonight. This scholarship supports active and veteran service members and their spouses by removing financial barriers to completing a degree program of their choice.

Scholarship funds cover di-

rect study-related expenses, such as tuition and fees, and other needs, including housing and childcare. Visit <http://bit.ly/VrROpe>.

20 / Wednesday “Veterans of Color” Film Festival — This special film chronicles the heroic service of African-American men and women who had to conquer the enemy while battling for equality from World War II through recent deployments.

The Honolulu Museum of Arts’ African-American Film Festival, in conjunction with the 25th Infantry Division and Schofield Barracks Team EO/EEO, present this special festival, Feb. 20-22. Call 655-0240.

21 / Thursday Bridge closure change — Per a change from the original

announcement date of Wednesday, Feb. 20, one lane of Karsten Thot Bridge in Wahiawa will be closed, 9 a.m.-2 p.m., Feb. 21.

Through traffic will be allowed in both directions, but the state Department of Transportation advises drivers to expect delays and consider alternate routes, when possible.

Signs will be posted on either side of the bridge to notify motorists of the upcoming changes, and flaggers will be on-site to control traffic.

27 / Wednesday Virtual Career Fair — Veterans Recruiting Services will host a Virtual Career Fair, 1-4 p.m., Feb. 27. This event will focus on transportation and logistics careers.

The Department of Transportation, FAA, TSA, General Motors, Penske, Waste Man-

agement and Pepsi will participate. Visit www.veteranrecruiting.com.

Facebook Town Hall — Do you have ideas about how to make the U.S. Army Garrison-Hawaii community better? Do you have questions about USAG-HI services, facilities or support? If so, get ready for the next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, 6-7:30 p.m., at www.facebook.com/usaghawaii, under the “Events” tab.

All Soldiers, family members, retirees and civilians in U.S. Army-Hawaii can ask questions, address concerns and get responses.

If your question does not pertain to the public at large, email the Interactive Customer Evaluation System, or ICE, at <http://ice.disa.mil>, or Ask the

Garrison Commander at AskTheCommander.usaghi@us.army.mil.

March 4 / Monday Housing Office hours — Due to training requirements, the Schofield Barracks and Fort Shafter Housing Services Offices will have limited staffing and provide limited service March 4-8. During the week, both offices will close for lunch noon-1 p.m., and at Schofield Barracks, customers not signed in by 3 p.m. must return the following day. Plan accordingly. Call 438-1518.

28 / Thursday Veterans Forum — The 2013 Hawaii Veterans and Small Business Forum & Expo takes place at the Hale Koa Hotel,

March 28, featuring keynote speakers and presenters from various veteran-owned small businesses, service-disabled veteran small businesses, prime contractors, and state and federal agencies.

Deadline to register is March 21. Register online at <http://hip.tac.eccenterdirect.com/Conferences.action> or call 596-8990, ext. 1008, or 596-8990, ext. 1007.

Ongoing

Macomb Gate — This gate is open weekdays for inbound and outbound traffic, 5 a.m.-7 p.m., during construction work.

Stover Gate — Stover Gate on Wheeler Army Airfield is open until further notice for outbound traffic from 5:30-7:30 a.m., weekdays. Traffic exiting must turn right. Call 656-6750.

DeCA Scholarships apps due

TAMMY REED
Defense Commissary Agency

FORT LEE, Va. — In today’s economy, it’s hard to find the money for what many could consider the luxury of a higher education. Getting a scholarship to help pay for your investment can really help.

That’s why the Defense Commissary Agency (DeCA) wants to remind you that the Feb. 22 deadline for students to apply for this year’s Scholarships for Military Children Program is fast approaching.

All students interested and eligible to apply are encouraged to gather their materials and submit their applications as soon as possible.

One of the items needed includes an essay on the following topic: “Please discuss in detail how one of the first ladies (since 1933) has made an impact on a social issue in the United States.”

Scholarship awards will be based on funds available, but the scholarship program awards at least \$1,500 at each commissary.

If there are no eligible applicants from a particular commissary, the funds designated for that commissary will be awarded as an additional scholarship at another store.

The Scholarships for Military Children Program was created in 2001 to recognize the contributions of military families to the readiness of the fighting force and to

celebrate the role of the commissary in the military family community.

To apply for a scholarship, the student must be a dependent, unmarried child, younger than 21 — or 23, if enrolled as a full-time student at a college or university — of a service member on active duty, reservist, guardsman, retiree or survivor of a military member who died while on active duty or survivor of a retiree.

Eligibility is determined using the Defense Enrollment Eligibility Reporting System database.

Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military ID card. The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2013, or be enrolled in a program of studies designed to transfer directly into a four-year program.

How to apply

- Applications are available in commissaries worldwide and online at <http://www.militaryscholar.org>.
- Applications must be turned in to a commissary by close of business Feb. 22. Commissaries can be found at www.commissaries.com.
- If students have questions about the scholarship program application, call Scholarship Managers at 856-616-9311 or email militaryscholar@scholarshipmanagers.com.



DeCA Scholarships

The Scholarships for Military Children Program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families.

Scholarship Managers, a national, nonprofit, scholarship-management services organization, manages and awards these military scholarships.

No government funds are used to support the scholarship program. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to fund the program. Every dollar donated goes directly to funding the scholarships.

Since its inception, the program has awarded more than \$10 million in scholarships to almost 7,000 children of service members.

Hawaii DOE improves RTTT status

HAWAII STATE DEPARTMENT OF EDUCATION
News Release

HONOLULU — The Hawaii State Department of Education (HIDOE) is off of Race to the Top’s (RTTT) “high-risk” status for its work on standards, assessments and data system development and use.

The U.S. Department of Education (USDOE) notified state education officials earlier this month about the change, followed by an official letter to Gov. Neil Abercrombie.

“This is excellent news, and the U.S. Department of Education is recognizing the important progress being made,” said Abercrombie. “Last week, I was inspired by the staff at Keaau Elementary School, where I also met with principals in the area. I saw first-hand the evidence of innovative change in the classrooms and positive student engagement. Our school leaders and teachers are transforming public education, and we thank them for their commitment to educating our children.”

“This is a turning point for us as we continue our strategic transformation in our public schools,” said Kathryn Matayoshi, HIDOE superintendent. “The progress being made gives us great hope that federal officials will acknowledge the improvements made in the other areas of the grant.”

In August 2010, the USDOE awarded Hawaii with a four-year \$75 million RTTT grant; in December 2011, Hawaii was placed on high-risk status.

With the removal of high-risk status in two of its Assurance Areas (B and C), the state remains on high-risk status in Assurance Areas A, D and E.

According to the USDOE, “the Department has determined that the evidence provided is sufficient to meet the expectation of clear and compelling evidence of substantial progress in Assurance Area B and Assurance Area C and will remove

high-risk status for Hawaii’s Race to the Top grant in these two assurance areas.”

“Hawaii is clearly making gains in its reform efforts, as evidenced in the implementation of the Common Core Standards and the progress of its students,” said Chris Minnich, executive director, Council of Chief State School Officers. “I applaud Superintendent Matayoshi, Department of Education staff, and educators around the state for their collaboration and determination to improve education for Hawaii students.”

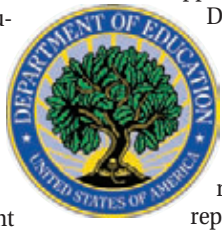
On Feb. 1, 2013, the USDOE released its second-year RTTT report, which highlighted Hawaii’s progress made through August 2012. HIDOE received recognition for a number of major accomplishments over that time period. Hawaii also was praised for making significant progress in implementing important reforms, including programs to support educator effectiveness.

“Getting off of high-risk status in those two Assurance Areas is really a tribute to our teachers and leaders, who have always put students first, and have committed to getting better results for our students,” added Ronn Nozoe, HIDOE deputy superintendent. “We’re hopeful that the same change in status will occur in the other Assurance Areas in the near future.”

Federal officials will be visiting Hawaii in April to review first-hand the work that is being done in all of its RTTT Assurance Areas.

Hawaii State DOE

- To learn more about the Hawaii’s RTTT accomplishments, visit: <http://hawaiiadoereform.org/>
- Read about the HIDOE and Board of Education Strategic Plan at: http://doe.k12.hi.us/curriculum/strategicplan2011-2018/2012_update/index.htm



Spc. Quinten Booker, an information technician for 8th STB, 8th TSC, has some fun with Webling Elementary School students during one of their field days, recently. Booker was awarded Lex Brodie’s “Above and Beyond” Award and the “Thank You ... Very Much” Award during a ceremony at the school, Jan. 29, for his work making a difference in the lives of students and teachers at the school.

8th TSC Soldier awarded high praise from local school

Story and photo by
STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

AIEA — As he walks through the halls of Gustav H. Webling Elementary School, here, every passing child smiles and says, “Hello, Mr. Booker!” Many run up with hugs and high-fives. Teachers wave. Parents go out of their way to shake his hand.

The school’s love for this one Soldier is as overwhelming as his selfless attitude.

“If you have, you give,” said Spc. Quinten Booker, an information technician for the 8th Special Troops Battalion, 8th Theater Sustainment Command. “That’s something my daddy taught me that has stuck with me all my life. It’s what I live by, and it’s how I want to live my life.”

And because of his giving spirit, and to show its appreciation for Booker’s contributions, the school and community nominated him for Lex Brodie’s “Above and Beyond” Award and the “Thank You ... Very Much” Award. Both honors are reserved for someone who goes out of his or her way to make a difference for others.

“We have a wonderful partnership with the military, but Mr. Booker has really impressed all of the teachers,” said Lynn Yasutomi, a third-grade teacher at the school. “He is someone we can really count on. He is very consistent and committed to the children. We can see it in the way he conducts himself and the way he expresses it to the students.”

“I didn’t think I was doing anything out of the ordinary,” said Booker. “Apparently, there are a lot of people who pay attention to the good things that we’re out here doing.”

Booker has been his unit’s liaison with the school for the past three years. On paper, it means he provides the school with resources and personnel for events and fundraisers. But in reality, it’s a relationship that means so much more.

“Each one of these kids is like my little brother and sister, and I take care of them the same way,” Booker said. “This is my school. I feel like an honorary member of the staff. I’m a big brother.”

The staff and children’s feelings are mutual. Booker means the world to this school, and the staff and children can’t say enough about the contributions he has given during his time there.

Booker explained that in the military, family is everywhere, if you’re willing to look.

“I’ve grown in my years in the military,” he said. “I don’t only have my brothers and sisters in arms, but I also have these kids and the people who work here to lean on when I do miss my family.”

Booker’s selfless attitude goes beyond his contributions to the school. On Saturdays, he takes the clothes he’s collected throughout the week down to the Bethel Street Homeless Shelter to help out and then takes children’s clothes to the Battered Women and Children’s Shelter in Kalihi. He also finds and donates toys to Toys for Tots.

He said he’s learned this giving spirit from a very early age.

“I didn’t have a father for the first 10 years of my life, because he was incarcerated,” Booker shared. “My mother worked three jobs to support all of us kids, so I never really saw her. When my father was released from prison in 2000, he became my idol, my role model. It’s hard think that someone who missed 10 years of my life could come back and make such an impact on me, but my father is my best friend.”

“He always instilled in me that, ‘as long as you have, you should give,’ and I take that motto with me everywhere I go,” he said. “I’m not bad off or want for anything now that I am in

See BOOKER, B-3





Briefs

Today

Army Hawaii Indoor Soccer Tournament — Entry deadline is March 15; tournament runs April 1-30, Martinez PFC, SB. Call 655-0856.

19 / Tuesday

Funfest FRG Fundraising Meeting — Learn how to raise funds for your family readiness group at the annual FMWR Funfest, 10 a.m., SB Arts and Crafts Center. Call 655-0115.

20 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

•North meetings, 3 p.m., every 1st and 3rd Wednesday, Tropics Warrior Zone.

•South meetings, 10 a.m., every 2nd and 4th Wednesday, AMR Chapel.

Preschool Story Time — Take your toddlers to story time, Wednesdays, 10 a.m., Sgt. Yano Library, SB; different theme and story each week. Call 655-4707.

21 / Thursday

Fort Shafter Gym — Weight Room #1, the Nautilus Equipment Room, in the physical fitness center, Bldg. 665, reopens at 5:30 a.m., Feb. 21. Call 438-1152.

22 / Friday

USARPAC Golf Scramble — Every last Friday of the month at FS Nagorski Golf Course. For information and registration, call 438-9587.

Hawaiian Buffet — Every last Friday of the month, enjoy a Hawai-

LT. DAN BAND GETS DOWN



HONOLULU — Actor Gary Sinise and the Lt. Dan Band rock the house during last year’s USO concert for military families in Hawaii. Sinise and company return for another free high-energy performance, 7 p.m., Feb. 23, at Weyand Field, Schofield Barracks. Food and beverages will be available for purchase; it is recommended concert-goers bring blankets and/or lawn chairs. Call 655-0115. (Photo courtesy Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii)

ian luau lunch buffet at the FS Hale Ikena dining room (438-1974) or SB Kolekole Bar & Grill (655-0660) for \$12.95.

23 / Saturday

Lt. Dan Band — The USO presents Gary Sinise and the Lt. Dan Band, 7 p.m., Feb. 23, at Weyand Field, SB. Food and beverages available for purchase.

This free event is held on an open field, and blankets or lawn chairs are recommended. Call 655-0115.

every Saturday, 7:30-11:30 p.m. Call 438-6733.

Renovation — The SB Health and Fitness Center renovation project is underway, resulting in transfer of activities and classes to Martinez PFC. Renovations include installing two new saunas, repairing portions of the facility floor, replacing all windows and painting the interior walls. Call 655-8789/8007.

Military Special — Bowl a free game when you make a purchase more than \$6 from Wheeler Bowl’s snack bar. Must have receipt. Game must be used same day as purchase. Cannot be combined with additional discounts or offers. Call 656-1745.

Helemano Physical Fitness Center — Stroller Stride & Ride and Circuit Training starts this month; days and times to be determined. Call 653-0719.

Winter Bowling Birthdays — Plan a birthday at SB’s Bowling Center during February, and the birthday boy/girl will receive a commemora-

tive birthday bowling pin for free, while supplies last. Limited to parties of 10 or more. Call 438-6733.

Richardson Pool Closure — Richardson Pool is closed through May. For patron convenience, restrooms and showers are open 6-9 a.m. during PT, Mondays-Fridays. All other operations are moved to Helemano swimming pool.

Mongolian Barbecue — Dinner is served starting at 5 p.m. on Mondays at Kolekole Bar and Grill, SB (655-4466), and Thursdays at Mulligan’s Bar and Grill, FS (438-1974). Cost is 65 cents per ounce.

Smoothies Concession — Rich’s Daily Grind and Smoothies is now open 8 a.m.-8 p.m., Monday-Friday, and 9 a.m.-5 p.m., Saturday-Sunday at Martinez PFC, Bldg. 488, SB. Call in orders at 438-0128.

New ODR — Outdoor Recreation is now at 435 Ulrich Way, Bldg. 2110 (right behind the SB ACS building). Hours are 8:30 a.m.-5:30 p.m., Tuesdays-Saturdays. Call 655-0143.

Ongoing

Intramurals — Visit himwr.com for sports applications and Army Hawaii Intramural Sports announcements. Call 655-0856.

•Basketball League — Army men’s and women’s competitions run through March 29.

•Soccer League — At Takata Field, FS, and TAMC fields; runs through March 29.

FS Cosmic Bowling — Eat, dance and bowl with DJ Derek Walker

2:30-4 p.m., Feb. 17, at Kapiolani Park. Registration is open online at www.alohalax.org, and practices begin this month. Opening day is March 3. Call 584-0451.

18 / Monday

Great Aloha Run — Join tens of thousands of runners, 7 a.m., Feb. 18, at Aloha Tower, for this 8.15-mile relatively flat course that winds its way along the historic harbor, down Nimitz and Kamehameha highways to Aloha Stadium, with entertainment along the entire course. Email registration@greataloharun.com.

20 / Wednesday

IPC Community Event — Live and Learn 101, 3-6 p.m., Feb. 20, SB Porter Community Center, features interactive exhibits ranging from health, fitness and nutrition to continuing education, Hawaiian culture and arts. Visit www.islandpalmscommunities.com.

21 / Thursday

Honolulu Theater for Youth — Acclaimed off-Broadway drama “Hold These Truths,” begins a six-performance run through March 2, Hawaii Theatre. Inspired by true stories of second-generation Japanese-Americans in World War II internment. Tickets may be ordered online at www.htyweb.org or call 839-9885.

23 / Saturday

Schofield Power Outage — A power outage is scheduled 7:30 a.m.-4 p.m., Feb. 23, in preparation for construction of the new Warriors in Transition barracks. Contractors will need to access an electrical manhole on Waianae Avenue that will involve a power outage for certain areas on post, as follows:

- 9000 block, Waianae Avenue;
- All trailers on Ayers Road;
- Bachelor officer quarters;

- Bldg. 750, Soldier Assistance Center;
- Bldg. 9091, Youth Center;
- Bldg. 9098, Child Development Center;
- Hamilton housing area;
- McNair Gate; and
- Stoneman Field.

Twenty-pound bags of ice will be available, free of charge, in the parking lot across from Hamilton Field along Grimes Street, starting at 9 a.m., until the 500-bag allotment is gone.

26 / Tuesday

Museum Reopening — The Tropic Lightning Museum at SB will reopen, 9 a.m., Feb. 26, following facility renovations inside the museum. Call 655-0438.

Schofield Black History Month — Observance and celebration, 11:30 a.m.-1 p.m., Feb. 26, Tropics Warrior Zone, Bldg. 589, SB. Call 655-0240.

Black History Month — Sponsored by the City and County of Honolulu, the African-American Diversity Cultural Center Hawaii pays tribute to Hawaii and Alaska and their contribution to the Civil Rights Movement at Honolulu Hale, with a reception, 5-7 p.m., Feb. 26.

27 / Wednesday

Facebook Town Hall — Do you have ideas about how to make the U.S. Army Garrison-Hawaii community better? Do you have questions about USAG-HI services, facilities or support? If so, get ready for the next online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, 6-7:30 p.m., Feb. 27, at www.facebook.com/usaghawaii, under the “Events” tab.

All Soldiers, family members, retirees and civilians in U.S. Army-Hawaii can ask questions, address

concerns and get responses.

If your question does not pertain to the public at large, email the Interactive Customer Evaluation System, or ICE, at <http://ice.disa.mil>, or Ask the Garrison Commander at AskTheCommander.usaghi@us.army.mil.

28 / Thursday

Free Magic Classes — Kalihi-Palama Library, 6 p.m., on the fourth Thursday of each month (except November and December). Sponsored by Hawaii Magicians Society; visit www.hawaiimagicclub.com or call 234-5262.

Ongoing

Macomb Gate — Macomb Gate will be open to both inbound and outbound traffic, 5 a.m.-7 p.m., Monday-Friday, during roundabout construction. However, both inbound-outbound traffic patterns will change; main access to and from Schofield Barracks will be through Leilehua Avenue.

Due to housing area proximity, additional consideration for area residents is asked, including turning off or lowering car radio volume, watching for pedestrians and reducing vehicle speed.

The Directorate of Emergency Services will continue to conduct traffic assessment and implement changes and alleviate traffic congestion. The community is asked to be patient, to allow extra time to access the installation and to ensure required IDs are ready before approaching gates to speed access control requirements.

Tax Center —All Army, Reserve, Guard, family members and retirees are eligible for free tax service assistance.

Tax centers are open at SB and FS. Visit www.facebook.com/hawaiiarmytaxcenters/info or call 655-1040.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 10:45 a.m. at WAAF (Spanish language)
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and midnight at TAMC

Gospel Worship

•Sunday, noon at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m. at TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex, Room 232

Protestant Worship

•Sunday Services
- 8:45 a.m. at MPC
- 9 a.m., at FD, WAAF and TAMC chapels
Lutheran/Episcopalian
- 10 a.m. at HMR
- 10:30 a.m. at AMR
Contemporary Service
- 11 a.m. at Soldiers Chapel

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Black History Month — Pulitzer Prize-winning playwright August Wilson’s “King Hedley II” will be presented weekends by The Actors Group (TAG), 2and 7:30 p.m. performances, beginning Feb. 15, through March 10, at Dole Cannery Square, 650 Iwilei Road. For tickets, call 722-6941 or www.taghawaii.net.

16 / Saturday

Swamp Romp — The public is invited to the dirtiest race of the year, 7 a.m., Feb. 16, O’Course Field, Marine Corps Base Hawaii, Kaneohe Bay. Six-member teams race over, under and through obstacles along the five-mile mud-and-dirt course. Cost is \$140 per six-man team. Visit mccshawaii.com/cgfit.

Keiki Run — Youngsters and parents are invited to the 5210 Keiki Run, a 1.5-mile untimed race, beginning and ending at the Blaisdell Exhibition Hall, Honolulu.

Visit www.hawaii5210.com or www.kahoomiki.org.

17 / Sunday

Robotics Competition — School teams from Oahu schools compete, 9:30 a.m.-3p.m., Feb. 17, Pearlridge Center. Winning teams advance to the world championship tournament in California in April. Final double-elimination matches begin at 1:30 p.m.

Youth Lacrosse — Aloha Youth Lacrosse Association holds a league-wide practice and parent meeting,

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

This Week at the MOVIES

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.

The Hobbit: An Unexpected Journey
(PG-13)
Fri., Feb. 15, 4 p.m.

Hotel Transylvania
(PG-13)
Sat., Feb. 16, 4 p.m.

Jack Reacher
(PG-13)
Sat., Feb.16, 6 p.m.

Rise of the Guardians
(PG-13)
Sun., Feb. 17, 2 p.m.



Parental Guidance
(PG)
Wed., Feb. 20, 6 p.m.

Gangster Squad
(R)
Thurs., Feb. 21, 6 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

Hui announces ‘Mock Dining’ event

HUI ‘O NA WAHINE
News Release

SCHOFIELD BARRACKS — The Hui ‘O Na Wahine all-ranks Army spouses club hosts a “Mock Dining In” Spring Night Out at the Nehelani, here, March 9.

All military spouses are asked to gather friends and fellow unit members for this fun, creative evening event.

“It is a night of celebration for end of deployment, impending deployment, spousehood and sisterhood,” said Terry Drushal, Hui parliamentarian.

Groups are encouraged to select a theme prior to the evening and come dressed in character.

At the start of the event, groups will be given a blank table or tables (depending on number of party members; tables hold up to 10 people, but groups may be smaller) and will be required to decorate the table based

on their chosen theme.

Themes do not need to represent a unit motto, nickname or mission, but themes must make sense, and groups will be required to explain their decisions.

At other Army spouses’ club events, groups have dressed as hippies, flappers and gangsters, pirates and favorite movie characters. Just remember: Costumes for the night much match the table’s chosen theme.

Members also are asked to bring non-perishable food items, paper towels, toilet paper and cleaning products to be donated to Tripler Army Medical Center Fisher House.

“The goal is to get as many donated supplies for the Tripler Fisher House,” Drushal said.

Prizes will be awarded for best costume (individual and group categories), best table decorations, most team spirit and most items donated.

Hui ‘O Na Wahine Spring Event

Tickets for the “Mock Dining In” Spring Night Out may be purchased at the February hui luncheon and from hui board members.

The event is open to the public, but tickets must be purchased by hui members.

Tickets cost \$25.00 per person; cash only, no refunds.

The ceremony is from 6-9:30 p.m.; doors open at 4 p.m. for decorating.

Full rules and requirements will be posted online. Reminders also will be on the Hui ‘O Na Wahine Facebook page.

For more information, email Thersa.drushal@us.army.mil, call 744-9304 or visit www.schofieldspousesclub.com.



Spc. Quinten Booker, 8th STB, 8th TSC, receives a hug from a student as he is awarded Lex Brodie’s “Above and Beyond” Award and the “Thank You ... Very Much” Award during a ceremony at Webling Elementary School, Jan. 29. (Photo by Sgt. Tiffany Fudge, 8th Theater Sustainment Command)

Hale Kula offers ‘Blended Learning’

Story and photo by
JAN IWASE
Hale Kula Elementary School

SCHOFIELD BARRACKS — Parents of students who are presently enrolled in the third or fourth grade are invited to participate in Hale Kula Elementary School’s Department of Defense Education Activity-funded Blended Learning (BL) program for school year 2013-2014.

Students in the BL classrooms at Hale Kula attend school twice a week in a traditional setting and receive lessons virtually via a learning platform system at home on the other days.

The class teaches students the skills and strategies to be a self-directed learner and addresses the 4C’s (collaborate, communicate, think critically and create), which are essential components of a 21st century classroom.

At a recent information session, parents shared positive comments about the program, including appreciation that their children receive specialized attention, experience working with technology and have multiple opportunities to collaborate with their peers.

“I didn’t choose Blended Learning; my son chose it and talked me into it,” said Louise Hurley. “It’s been his best experience yet, in education. We thought the challenge would be not having the social outlet of the face-to-face class, not being a part of the school. This has not been a barrier at all.”

Parents also shared that their children are learning to be problem-solvers. For example, if a child has a

question in the classroom, he/she asks the teacher and gets an answer. In BL, the child has to search for the answer him/herself. Parents expressed that it is so empowering when their children find it on their own.

Parents are often concerned about the social aspect of the program and whether their children will have social opportunities to “belong” to the school. Students in BL can participate in all the school-wide service and grade-level activities, as well as activities such as cross country, Robotics or ukulele class.

(Editor’s note: Iwase is principal of Hale Kula Elementary School.)

Hale Kula Blended Learning

Interested parents are invited to an informational meeting, 8 a.m., Feb. 27, at Hale Kula Elementary School.

Parents of home-schooled children or those who are not in the school’s geographical boundaries also are invited to attend.

To find out more about Hale Kula’s Blended Learning Program, visit halekulablendedlearning.weebly.com



DODEA members visit students in Hale Kula Elementary School’s Blended Learning program during an in-classroom session at the school, recently.

Booker: School, keiki say ‘mahalo’

CONTINUED FROM B-1

the military. There are people who are in a whole lot worse situations than me, and if I can do anything to help them, I will.”

The children and staff are sad to see Booker go, but are appreciative of the time he was able to spend with the school.

“The children truly love Mr. Booker,” Yasutomi said, tearfully. “It was a no-brainer to nominate him, and it’s so very sad that our time with him is so short. It was the least we could do to express our appreciation of him.”

As Booker ends his tour in Hawaii, he carries with him the experiences and lives he’s touched here.

“I appreciate that I got the opportunity to be a part of these kids’ lives,” he said through tears. “I hope that what me and my peers have done here will stick with them. I’m going to miss this school. I’m going to miss the staff. Definitely going to miss the kids, they’re like my little brothers and sisters. These kids are something special. Each and every one of them.”

Mililani Army JROTC cadets tackle marsh cleanup

CADET 1ST LT. SAMANTHA ALVARADO
Mililani Army JROTC Public Affairs

WAIPAHU — More than 33 students and Mililani High School Army JROTC cadets arrived at Pouhala Marsh, here, on an early Saturday morning to connect what they learned about invasive species, in class, with the real-world experience of removing non-native plants.

The process began with three biology students establishing a goal to tackle invasive species as well as to give back to their ahupua'a (the division of land from the mountains to the sea, similar to a watershed).



Mililani Army JROTC cadets and students from Mililani High School get down and dirty removing California grass from Pouhala Marsh.

Cami Shiroma, Spencer Cole and Samantha Alvarado coordinated with the school's Hui Malama, a volunteer service learning group, and the Mililani Army JROTC Trojan Battalion for the service-learning project, Feb. 2.

JROTC cadets and Hui Malama students worked to remove non-native California grass, one of the most invasive species in the Hawaiian Islands.

The students also learned about the con-



Cadet Sgt. Darius Usborne, Mililani Army JROTC Trojan Bn., reaps California grass as other students from Mililani High School prepare to remove the invasive plant from Pouhala Marsh in Waipahu, Feb. 2. (Photos by retired Lt. Col. Tim Schiller, Mililani Army JROTC)

cepts of malama 'aina (to take care of the land) and aloha 'aina (to love of the land) from Sandra Webb, biological and environmental sciences, Mililani High School, and Syd Kawahakui Jr. and his crew from the Hawaii Department of Land and Natural Resources and the Division of Forestry and Wildlife.

Pouhala Marsh is one of the largest remaining Hawaiian wetlands and is home to many native birds, including 10 percent of the

world's population of ae'o, the Hawaiian stilt.

In removing the grass, students prepared the banks of the stream for native plants, in turn creating a habitat for native birds.

With more than 1,000 square feet cleared of California grass, the stream has been prepared for further work by the Mililani community. And by introducing the cadets to Mililani's style of service learning, the students built upon the school's public service legacy.

Plans are being made to return to Pouhala, with increased volunteer ranks to plant native species such as akulikuli, wiliwili and hala along the marsh's banks in the near future.

Participating JROTC members included sons and daughters of active duty service members under 8th Theater Sustainment Command, 599th Transportation Brigade, Hawaii Air National Guard, 9th Reserve Support Cmd. and 225th Bde. Support Battalion.



ASK THE DIETITIAN

CAPT. MARY STAUDTER
Tripler Army Medical Center
Nutrition Care Division

Tips for curbing food cravings

HONOLULU — Is it possible to be addicted to food? Why is it that the piece of chocolate cake sitting in front of you is so tempting, maybe even to the point that it is the only thing you can think about?

Scientific evidence shows that food, particularly high-sugar, high-fat food, can alter brain chemistry when eaten. These foods may cause an increase in your body’s dopamine response, similar to that of sex and, to a lesser extent, like many addictive drugs.

This response may leave you always wanting more and is likely a large part of what makes eating so pleasurable, a necessary component of human survival.

However, more often than not, we are exposed to too many calories, and the high level of processing, with excessive amounts of sugar, fat and salt, may exaggerate our chemical response to such foods.

Dr. David Kessler discusses this phenomenon in his book “The End of Overeating.” He suggests that in order to distance ourselves from these highly “addictive” foods, we need to start by decreasing the value we place on them.

The ultimate goal is to get to the point in which you look at that piece of chocolate cake or that double cheeseburger meal and think, “Ugh, that doesn’t even sound good. I don’t like that food because it makes me sick.”

Perhaps we can start this transition by setting up environments we can control (like our kitchens) appropriately. Try to find healthier alternatives for the foods you crave, and keep these foods front and center.

Stock up on fruit, yogurt, dark chocolate (small pieces), sugar-free pudding and fruit bars to curb that sweet tooth.

Appease your salty cravings with air-popped popcorn, edamame, pretzels and hummus, or a small serving of nuts.

Finding healthy alternatives satisfies your cravings without leaving you feeling deprived.

Set yourself up for success by also eating small, well-balanced meals and snacks, and by drinking water adequately throughout the day.

The next time you feel a craving coming on, try to go out for a walk instead. Your body’s release of endorphins from the physical exertion may be just enough to take your mind off of food.

Controlling stress and shooting for seven-eight hours of sleep per night also may play a significant role in managing hunger and cravings.

Bottom line: If you feel your food has a stronghold on you, you are not alone. Don’t beat yourself up about it, but act now — starting in your own kitchen — and gain some of that control back!

(Editor’s note: Ask the Dietitian is a monthly column. Have a question? Email mary.staudter@us.army.mil.)



Walking is a great way to control hunger pangs and reduce stress. Bonus points if you include the whole family! (Courtesy photo)